Zarina Sushina

ESL 220

Leah Stahl

***General Topic:*** Causes and effects of depression among international students.

***Why I am interested:*** As I am an international student I have experienced some stages that psychologists described about the adaptation process to another country. I want to know more about this process and how to avoid this awful adaptation or make it less painful.

***Approach:*** analytical/interpretive

***Focus:*** Cause and effect

***RQ:*** Why international student’s adaptation takes so much time? What are main reasons that lead to depression? How could social workers help international students reduce the depression? What is the definition of the cultural shock?

***Expanded List of Words:***

[acclimate](http://thesaurus.com/browse/acclimate), [accommodate](http://thesaurus.com/browse/accommodate), [accustom](http://thesaurus.com/browse/accustom), [alter](http://thesaurus.com/browse/alter),[change](http://thesaurus.com/browse/change), come around, [harmonize](http://thesaurus.com/browse/harmonize) readjust; sadness, stress,dullness, unhappy, melancholia, sadness, troubles, mental diseases, unhappiness, cheerlessness; Clinician, disorders analyst, [doctor](http://thesaurus.com/browse/doctor),psychoanalyst, **psychologist**, psychotherapist, therapist; make less, decrease, minimize; cultural adjustment.

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